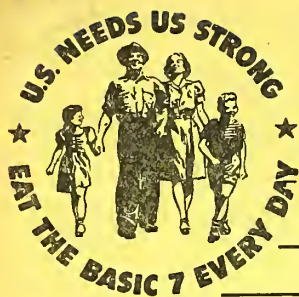


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# NUTRITION

WAR FOOD ADMINISTRATION

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## News Letter

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### PASS IT ALONG!

Several State Nutrition Committee News Letters to County and Local Chairmen have carried an item on sharing both the State and the Washington News Letter with county and local committee members. In view of the paper shortage and limited funds for duplication, this seems to be an especially timely idea.

Perhaps county and local chairmen could select and announce to committee members a central place where News Letters could be read. Or local sharing might be done round-robin fashion, by one committee member either carrying or mailing the letter to the next person on the list. To carry out the round-robin idea still further, county and local committee members could be thinking, as they read, of committee activities which their chairmen might report to the State Nutrition Committee. As one State Nutrition News Letter puts it: "Exchange of news needs to work both ways. Is your group contributing ideas as well as receiving them?"

### REVIEW OF NUTRITION COMMITTEES' PART IN HOME GARDEN AND PRESERVATION PROGRAMS

In the hope of summarizing the ways in which nutrition committees have assisted with or coordinated work on Victory Garden and Home Food Preservation programs, 1943 and 1944 committee reports have been reviewed. These reports contain a wealth of material but it is possible only to highlight a few of the many excellent ideas. Several items on this subject, sent in for use in this issue, are reported in detail under "Notes from the Field."

Coordination of the programs of agencies represented on the nutrition committees, resulting in State-wide agreement on preservation methods, techniques, and timetables, was the most significant accomplishment featured in the reports from a number of States. Action on the part of County and local committees to encourage home food production and preservation and to provide accurate information on these programs was another significant contribution of nutrition committees in 1944.

A few specific examples of the part nutrition committees played in furthering the gardening and preservation program in 1944 follow:

Michigan—Cooperated with the Victory Garden chairman in a plan to make a garden survey of the State. . . . Assisted with Community Food Preservation Program, acting as a clearing house for technical assistance to community canning centers.

Mississippi—Sponsors of the county nutrition committees had a refresher course on food conservation and preservation. Each county chairman received a summary of the course.

New Mexico—Hardin County committee made plans for a subirrigated, frame garden to be planted at the court house, as a demonstration of a type of garden especially suitable for areas with a low water supply.

South Dakota—The goal adopted by the Lake County Nutrition Committee was "Authentic food preservation information to more homemakers," to be achieved by the cooperation of all agencies and with the help of nutrition leaders in the several towns in the county.

North Carolina—Through a coordinated food preservation program developed under the leadership of the State Nutrition Committee in 1943, 175,000 people saw 400 key demonstrations on canning. The objective was to get correct and uniform information to every family in the State. A total of 85 million containers of food was preserved.

Iowa—A State-wide survey initiated by the State Nutrition Council revealed that spoilage of home-canned food was high. Enough food was wasted in 1943 to feed 16,000 persons for a year. The 1944 coordinated program was set up to reach all families with authentic canning information. The Food Preservation Committee of the Nutrition Council decided to ask the nutrition committees to assume leadership for this program.



A summary of the reports showed that county and local committees in general assumed this responsibility and described their activities and results in detail.

Arizona—The Food Processing Committee of the State Nutrition Council prepared recommended methods for food preservation, calling special attention to the "peril in home canning from botulism poisoning unless the recommended steps are followed."

To further the interest in home food production and preservation, committees also have assisted with pressure cooker clinics to check gages; "Canning Schools" in the classroom and on the air; canning demonstrations on fruits, vegetables, and meats; demonstrations on drying, and on preparing foods for the freezer locker; information booths; exhibits; contests; and all media to reach the public, including the radio and press. Reports from a number of States mentioned that urban areas were found to be in greatest need of information on food preservation.

#### NOTES FROM THE FIELD

TEXAS—In view of the fact that the Second State Food Preservation Conference to be sponsored by the Texas State Nutrition Council had to be canceled due to wartime travel restrictions, the Food Preservation Committee has met the situation with the aid of five subcommittees preparing material on—

1. Recommendations on safe and uniform methods of canning.
2. Recommendations on freezing preservation.
3. Equipment information—prospects for 1945 and subject matter concerning use and testing.
4. Recent research on food preservation, and movies on food preservation.
5. A summary of results of the 1944 Food Preservation Conference and suggestions for a Coordinated Food Preservation Program in 1945.

The 52 persons who made up the subcommittees represented the following agencies, institutions, and groups: Vocational homemaking department, Extension Service, Farm Security Administration, Experiment Station, bacteriologists and home economists from eight universities and colleges, vocational agriculture (war food production training), health department, public utilities, and business concerns interested in food preservation equipment.

Reports from these committees were sent to all members of the Texas State Nutrition Council, chairmen of local committees, and persons who would have

attended the Food Preservation Conference if held. This material is being reproduced to be sent to field workers of agencies primarily interested in food preservation. It is expected this material will reach from 2,500 to 3,000 persons working on food preservation in Texas.

NORTH DAKOTA—The State Nutrition Committee reports that the 540-pupil Mandan High School sponsors a weekly broadcast directly from the school. The Home Economics Club called the "Kraft Club" devoted its 15-minute broadcast on February 1 to nutrition. Five "Kraft Club" members, assisted by two high-school boys, presented the play entitled "Uncle Sam's Home Battalion." Immediately afterward a senior girl spoke briefly but effectively on the importance of the Basic 7 food groups in each day's diet. She reported examples to show the effect of nutritionally adequate diets on improving the health of individuals and groups.

OHIO—The State Nutrition Committee announces that the Food Preservation Committee affiliated with the Cuyahoga County Nutrition Committee has been awarded the National Victory Garden Institute certificate. This award was made in recognition of outstanding work in encouraging Victory gardens and home food preservation the past season.

The Franklin County Nutrition Committee, now affiliated with the Metropolitan Health Council, has initiated the publication of a monthly leaflet entitled "Your Food Calendar." Distribution is being made to interested persons and organizations throughout Columbus and Franklin County. The group has also initiated a monthly Newsletter which is sent to all members.

The Cincinnati Nutrition Council of the Public Health Federation issues a monthly publication called "The Family Cupboard." Members of the council take turns in assuming responsibility for the content of this folder.

CALIFORNIA—The Napa County Nutrition Committee has prepared a mimeographed bulletin entitled "Suggested Menus for Inexpensive One-Dish Hot Lunch Programs." Recipes for hot dishes for 1 month are worked out for 8, and for 50 servings. With each recipe, the bulletin suggests foods which a child should bring from home to supplement the hot dish prepared at school, in order to have a well-balanced lunch. It is hoped that the teacher will send a note home telling what the hot dish will be for the next day and suggesting that



the parent supplement the lunch, according to the named food. Copies of the menu guide are being sent to all nutrition committee chairmen in California.

The Kern County Committee reports that there are now 16 papers carrying the "Food for Folks" column. This means that every paper in the county, including the labor paper, is now printing the column.

KANSAS—The Marshall County Nutrition Committee attracted wide community interest with a 2-day Lunch Box Derby held in Marysville. Posters made by school children announcing the derby were placed about town. The newspapers ran stories before and after, and the local grocery stores had a line in the week-end advertisements asking the public to visit the derby. Twenty-three lunch box entries were judged by home economics teachers. Besides the lunch box display, there was a display encouraging the use of soya products. Visitors were given samples of nut bread, yeast bread, cookies, and meat loaf, containing soya flour, and also the recipes for these foods. The room was decorated with nutrition posters and the store windows showed blue ribbon lunches.

VERMONT—The State Nutrition Committee has cooperated with the State Health Department and the Medical College of the University of Vermont in a nutrition study. They have studied the nutritional status of about 400 school children in Burlington and vicinity. The study has revealed:

1. Outstandingly poor teeth, due in part to the high carbohydrate (sugar and starch) diets, and inadequate amounts of fruits, vegetables, and milk.

2. Healed rickets in 85 percent of the children, indicated by poor, irregular bone formations found on examination of the head, chest, and knees. Rickets is caused primarily by insufficient vitamin D and lack of exposure to sunshine.

3. Folliculosis in 40 percent of the children. This disorder is a skin condition characterized by small goose-pimple-like lesions which form largely around the hair follicles. The skin also has a tendency to scale. Folliculosis is probably due to insufficient vitamin A (obtained mostly from the green and yellow foods) and to insufficient vitamin D.

4. On analysis of the children's blood—(a) Higher vitamin C content in the rural than the city children. One child in every four in the entire group failed to get enough vitamin C. The result was unhealthy gums. Most of our

vitamin C is supplied from citrus fruits and tomatoes. (b) Lower hemoglobin values for the rural than the city children; 6 percent of the entire group was anemic. Hemoglobin is manufactured from the protein and iron foods—meat, cheese, and eggs being the foods which affect hemoglobin most.

This does not mean that these Vermont children have not had enough food, but rather that they have eaten inadequate amounts of certain foods. The study showed that they need more of the protein foods—milk, meat, eggs, and cheese—and more fruits and vegetables. Supplementation with vitamin A and vitamin D is probably necessary throughout the growing period.

A similar study is now being made in Bennington. At the February meeting of the State Nutrition Committee a progress report was made on the Bennington Clinic Project. Diet records have been completed and the nutrition inspections are being started. A local physician has been trained to conduct these inspections.

The Vermont State Nutrition Committee also reports that through the cooperation of the State Department of Education and the War Food Administration a series of nine meetings with school lunch workers have been held in various school districts throughout the State. The objectives of the meetings were to provide workers with practical information on menu planning, food preparation, nutrition education, and other aspects of school lunch operations.

The supervisor of school lunches of the State Department of Education discussed the educational values of a lunch program and its integration with other phases of the school curriculum. She also covered materials dealing with standards of health and sanitation, and with equipment.

The nutritionist of the War Food Administration's district office led a discussion on planning menus to meet requirements of the WFA program and adequate nutrition. She gave a demonstration on preparing three main dishes and a hot bread, and explained record and report forms for WFA programs.

A representative of the Office of Price Administration attended each meeting in order that the procedure of obtaining points for rationed commodities might be fully explained.

ARKANSAS—In the hope that all families in the State might have the benefit of the radio programs entitled "Food Makes a Difference," the State Consumer-Nutri-



tion Committee called these broadcasts to the attention of many groups in December 1944. The mimeographed memorandum describing these programs went to "educational agencies, organizations, professional, church, and civic groups." The cooperation asked was that the announcement be passed on to the membership, field staff, and the families which each group served.

In December the North Mississippi County subcommittee completed plans for carrying out a study on eating habits in the county. Cooperating in the study are the Farm Security Administration, Arkansas Extension Service county superintendent of schools, vocational home economics teachers, P. T. A. groups, and grade school teachers.

A study on eating habits is already under way in Izard County. Plans have been made by the committee to compile and evaluate the first check sheets in a series of two checks to be made during the year.

MISSISSIPPI—The State Nutrition Committee reports plans completed by three county nutrition committees for workshops for lunchroom managers and workers. Typical of these is the Jones County workshop held on January 13. The State Supervisor of School Lunch Rooms and the County Nutrition Committee chairman planned the program. A discussion on planning well-balanced lunches was followed by a demonstration of appetizing and nutritious recipes for school lunch dishes. A staff member of the County Health Department talked on the sanitary handling of foods in lunchrooms. Food prepared in the demonstration, supplemented by sandwiches brought by the lunchroom workers, provided lunch for those in attendance. The sanitary washing of the dishes followed as a practical demonstration, after which a film on nutrition was shown.

School lunchroom workers from four Negro schools held a similar working conference in the Oak Park School.

The total attendance for the day's workshops was 55, representing workers from 21 white schools and 4 Negro schools.

Special summer plans center around five workshops for white teachers and administrators and seven Negro workshops to be held in Mississippi this summer. Sponsors are the State Department of Health and of Education. The executive

secretary of the State Nutrition Committee will serve in a consultant capacity.

ALABAMA—The State Nutrition Council describes Alabama's Coordinated Program of Food Preservation as follows: "The Council recognized the need for agencies and organizations concerned with food preservation education to agree on uniform procedures and techniques. A subcommittee was appointed to study the situation and make definite recommendations. This is a standing subcommittee, composed of a representative from each of the following: Alabama Extension Service, vocational agriculture education, vocational home economics education, Alabama Power Company, and Farm Security Administration. This subcommittee recommended a standard timetable for Alabama and that definite procedures and methods be used in preserving fruits, vegetables, and meat. The recommendations were adopted, and for the first time since food preservation work has been done in the State, all agencies have recommended the same methods and procedures."

NEW MATERIAL (Sample enclosed)

"Consumer Education Service," Series 9, No. 6, March 1945 issue—A processed periodical published by the American Home Economics Association. This issue on "Wartime Food in the United States" was prepared at the suggestion of the Nutrition Planning Committee of the Interdepartmental Nutrition Coordinating Committee. Copies were purchased to enclose with this News Letter, because of the valuable and timely information contained. A few requests for single copies can be filled by the Nutrition Programs Branch, Office of Marketing Services, War Food Administration, Washington 25, D. C.

Sincerely yours,

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